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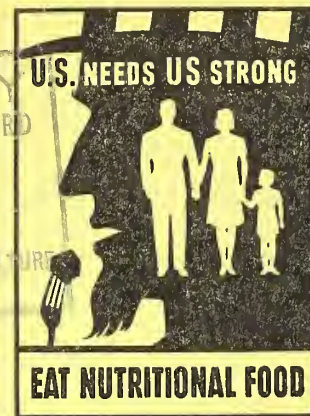
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UNITED STATES DEPARTMENT OF AGRICULTURE  
FOOD DISTRIBUTION ADMINISTRATION  
NUTRITION AND FOOD CONSERVATION BRANCH

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NUTRITION NEWS LETTER NO. 14



Brief Summary of Conference of State Nutrition Committee Chairmen Held In  
Washington, May 27, 28, 29

May 27

The Conference was opened by M. L. Wilson, Chief, Nutrition and Food Conservation Branch of the Food Distribution Administration. Mr. Wilson outlined the general plan for integrating the activities and programs of the nutrition committees in the over-all wartime food programs of the War Food Administration. He stressed the desirability and necessity in the national interest of fully using all educational facilities to aid in solving the Nation's food problems.

Chester Davis, War Food Administrator, spoke at the afternoon session, outlining briefly the responsibilities of the War Food Administration.

Mr. Davis said that the farmers and their families have done a magnificent job of production but the civilian population has a larger buying power than it has ever had before which means an accelerated demand for food. In this country we will not go hungry if we make full and intelligent use of our food supply, even though we will eat less of some of the foods to which we have become accustomed.

The first job, according to Mr. Davis, is to get the food produced on the farms, which means providing the labor, supplies, materials, and transportation necessary to produce and deliver the food. After production, the job is to see that all supplies are distributed fairly and equitably. There are many calls upon this country for food. The Army must be fed, we must share with our Allies, and we must share with the people of liberated lands as they are freed from Axis domination.

When supplies are short, allocations must be made. An enlightened civilian population is needed to understand the problems of food supply and demand. If rationing, as a mechanism for sharing food supplies fairly, is to be successful in this country, the people must understand the reasons behind it. The homemaker must take the lead in demanding foods that are in greater supply.

Mr. Davis stated that the nutrition committees could do a tremendous amount to help homemakers in understanding the problems of rationing and in making the fullest use of our food supplies. He said that if he could wave a magic wand and write all the plans, he would start with the homemaker working out the family diet in a way that would protect family health by using the foods that we have in full supply even though it might involve changes in eating habits. The homemaker is a starting point for working out the problems created by over-demand and under-supply.

There are many things we can do that will only be headline novelties in the newspapers unless the story is translated into practical use in communities. Some of the supplementary food aids, which every person should know about and use, are enriched breads and cereals, peanuts, soybeans and soybean flour and grits, as well as the use of dry edible beans as a meat alternate.

In conclusion, Mr. Davis said that the nutrition committees have it within their power to contribute toward winning the war because they can help the United Nations to eat so they can fight and that will mean victory.

Roy F. Hendrickson, Deputy Administrator, War Food Administration and Director, Food Distribution Administration, spoke on the range and complexity of the total food program. He explained Food Distribution's part in wartime food management and the way by which organized volunteer groups and committees can give vital help to the war food program. A copy of Mr. Hendrickson's speech is enclosed with this News Letter.

Deputy directors under Mr. Hendrickson explained the programs that are being projected to help meet the food dislocations war has brought.

Reginald C. Foster, Assistant Director, Office of Civilian Defense in Charge of Civilian War Services, discussed the activities of nutrition committees in relation to the OCD program.

May 28

Dr. W. H. Sebrell, Associate Chief, Nutrition and Food Conservation Branch, presided at the meeting the second day. Dr. Sebrell said that the experience of the Food Administration of World War I showed the tremendous importance of having a broad scale intensive educational program. Thanks to the great volume of work in this field that has already been contributed by the nutrition committees and cooperating agencies we have a head start in the work we will have to do during this war. Now we need to place particular emphasis upon the specialized problems created by the war.

In outlining the most pertinent of the nutrition and food conservation programs, Dr. W. H. Sebrell asked State nutrition committee representatives to give short reports on the programs carried out in their localities so that later in the regional meetings the experience gained by the various groups might be drawn upon in formulating plans for future programs.

Because of space limitations, the reports of the major programs discussed Friday are combined with the recommendations for specific programs made by the regional groups at Saturday's meeting.

#### Home and Community Canning and Other Food Preservation Programs

All States have active programs on home and community canning and food preservation. Many of these programs are extensions of programs already in existence, but now greatly intensified. They are aimed to reach every family, rural and urban, with safe and accurate instructions on canning, brining, drying, smoking, and cold storage, not only for produce from gardens and orchards, but also for meat, fish, poultry, and wild game.

One State reported as a special feature of its State-wide Food Preservation Program, a 2-day workshop for home economists on the State level. Representatives at this work shop then visited each of the counties to hold similar workshops in order to make sure that every family in the State received information on modern methods of food preservation.

Recognition of the special needs of the urban population has led to appointments in some States of special assistant home demonstration agents to work only with urban women during June, July, and August.

One nutrition committee representative reported a State-wide survey made to determine the number of pressure cookers and other equipment available and to discover the communities which already had well-organized food preservation programs. With this information, the committee could then "spot" its programs where help would be needed most.

Recommendations:

Undertake to provide outlets for the sale of local abundances of food to be preserved or stored.

Establish food preservation information centers in stores. Encourage those planting fall gardens to plant food that can be stored for winter use rather than planning on canning all the surplus from their fall gardens.

Each State nutrition committee should take advantage of and publicize experiment station's findings which might be applicable to local situations.

Make the fullest use of local newspapers and radio stations for disseminating information on food preservation.

Food Conservation

Many nutrition committees are concerned about the waste of food in their communities. One group brought this forcefully to the attention of the community when they made a survey and found that in their school of 1,100 students, enough food was wasted at one lunch period to feed a family of six for 4 days. Immediately the community became food-conservation conscious.

Several States recommended that nutrition committees conduct continuous educational campaigns on preventing food waste in homes, public eating places, and institutions.

Recommendations:

Provide a market for any local abundance of food by calling the public's attention to it.

Organize community food conservation centers.

Keep close watch and plan for the use of the culls or lower quality fruits and vegetables which have not been marketed in the past. In some localities it might be practical to sell them at a low cost to people who could come and harvest them.

Carry on "Clean Plate" campaigns.

Wartime Food Demonstrations

A number of nutrition-committee chairmen reported well-organized plans for continuing war-food demonstrations as problems of food surpluses and shortages arise due to dislocations of war.

In one State the State nutrition committee has stressed using more fish. A subcommittee was organized to encourage the use of unfamiliar varieties. Members represent the fishing industry, Wild Life Service, State Division of Marine Fisheries, home economics women in business, newspaper feature writer, radio broadcaster, and the State Bureau of Markets. Exhibits have been made and demonstrations given of the less-known varieties at 25 meetings. Luncheons using these varieties have been served to groups of home economists in radio, newspaper, and hospital positions, as well as to editors, hotel men, and wholesale fish dealers. As an indication of what can be done in introducing an unfamiliar food, largely through the efforts of this committee, 3,000,000 pounds of varieties previously wasted, have been marketed. The committee expects to continue to work on other varieties as they need featuring.

In some States, "training teams" have been formed which have traveled throughout the State showing how demonstrations should be given. In one State (New Mexico), a unique feature that is being carried on is the establishment of a demonstration kitchen at which both Spanish and English are spoken.

Many groups have given demonstrations showing how soybean products can be used to add high quality proteins to the diet. As the supply of soybean products is increased more demonstrations are planned to explain their uses.

School Lunch

Almost all committees reported active plans for the School-Lunch Program. In a western State where the towns are small and there are many country schools,

one county decided upon a plan of patron participation. A food budget was worked out listing the amount of food it would take for 20 children for 9 months. This budget was sent to the schools before the annual school district meeting in April. At the meeting the school patrons were asked to sign up for the amount of food each could provide.

Many States are taking added responsibility in the School-Lunch Program by providing supervisory services. Some committees are holding training meetings or institutes.

Various committee chairmen reported that 2 factors in carrying on the school-lunch plan were of the utmost importance, namely, having proper professional supervision of the program and funds to secure adequate staffs to prepare and serve the lunch.

One regional report stressed the importance of having the school lunch considered as a major responsibility of all State and local nutrition committees.

Another recommendation made was that the committees try to obtain volunteer assistance from agencies such as OCD and have them trained by local nutrition committees in Red Cross Canteen Classes.

Other suggestions were that State nutrition committees should work for legislation to finance School-Lunch Programs, that the School-Lunch Program should be made an educational as well as a feeding program and should be recognized as a health program.

#### Interrelationship of Nutrition Education and Food Supply

Many committees reported that at the time rationing began, they established centers where assistance in spending ration points to the best advantage was given. Some of these centers were at the schools where the ration books were given out. Others in the stores and in public utility offices. Plans for continuing these centers as well as plans for helping people with rationing problems through radio and newspaper releases are in the making.

It was suggested that emphasis be placed upon soybeans, peanuts, and whole grain or enriched cereals as supplements to our meat and milk supplies in the nutrition education program.

#### Nutrition in Industry

All States with large industrial centers reported increasing interest in nutrition for war workers. Many States having large industrial concentration reported special subcommittees established to work with industrial plants.

##### Recommendations:

State and local committees make systematic efforts to extend the practice of supplemental feeding in industrial plants.

Increased emphasis be placed on better prepared lunches for workers who through necessity or choice carry packed lunches.

Increased emphasis be placed on education for the preparation of adequate home breakfasts for war workers.

Friday night at an informal session, Dr. Sebrell, who had been attending the United Nations Conference on Food and Agriculture as Technical Advisor, Delegation of the United States of America, gave a brief review of some of the developments at the conference. He said, the background for the United Nations Conference was the International Nutrition Movement which was launched by the League of Nations as far back as 1925, when the Health Section of the League began its first inquiries into nutrition in various parts of the world.

Dr. Sebrell reported that emphasis was being placed upon the attainment of a higher level of health for all mankind through improved nutrition.

A new objective which met with unanimous acceptance was that one of the responsibilities of the State is to see that its population has an opportunity to obtain a food supply adequate for health.

Expansion of nutrition education, adjustment of agricultural policy, fostering of special measures for nutritionally vulnerable groups such as infants, pregnant women, and nursing mothers, as well as the eradication of deficiency diseases, were emphasized as deserving immediate and special attention to bring about improvement in the health of all nations.

Several educational nutrition films were shown after Dr. Sebrell's report.

#### May 29

Saturday afternoon, through the courtesy of Dr. Wilder, a trip through a clinic at Gallinger Municipal Hospital was arranged. Staff physicians showed patients suffering from diet deficiency diseases and explained the treatments being given to restore them to normal health.

#### Materials for National Industrial Nutrition Program

"Eat a Lunch that Packs a Punch" is the slogan used in the new materials designed to promote the National Industrial Nutrition Program. As there are still some 9,000,000 workers who work in war plants where no food is served, the materials include a presentation booklet to show management the importance of providing some type of food service in the plant, and ways in which the service and nutrition education programs can be put into operation in order to maintain the health of workers, and to reduce accidents and absenteeism. Food served workers "on the job" is in addition to the food that can be secured with the family ration books. This means that workers who can secure a well-balanced meal in the plant are getting additional food to maintain health and efficiency needed to do their war jobs.

To encourage the selection of the best available food, four posters and a set of 7 cartoon table cards for display in plants and cafeterias have been designed with special appeal for workers. The cartoon table cards carry a nutrition message about each of the seven food groups.

As the lunchbox is still the only source of food supply for millions of workers, the new materials include a "take home" leaflet with suggestions for the housewife. This includes some tips on packing lunches in wartime. The importance of providing a good breakfast and an adequate dinner that gives the worker his share of the Basic 7 Foods is not overlooked in the leaflet. The cover is a colorful replica of the Basic 7 Nutrition in Industry Poster which has a series of cartoons around the central theme of the 7 food groups.

These new materials are now ready to go to the Government Printing Office, and will be available for national distribution by the first of August. With the exception of the presentation book, which is for free distribution to executives in war plants, the materials may be secured at cost from the Government Printing Office. Details about the cost of each item, and the cost of the complete set of materials on Nutrition in Industry will be published in the August Letter.

The "Manual of Industrial Nutrition" which provides suggestions for meeting nutrition problems by in-plant feeding and lists materials available from Government and other sources is much in demand. Some 82,000 were distributed in 6 weeks. Copies were requested by all States, Canada, and Latin American countries. This booklet is primarily designed for plant executives. Cafeteria managers, plant physicians, dietitians, and nutrition committees; employers' groups and chambers of commerce committees are also finding it very useful. By request it has been distributed to every labor-management committee in the country. Copies may be obtained free from any one of the regional offices or the Washington office of the Food Distribution Administration.

"Planning Meals for Industrial Workers" is the title of a booklet that will be available about the first of July. This includes helpful information to guide all persons responsible for feeding groups, as it provides menu suggestions for hot and cold meals, canteen meals, and packed lunches. Copies will be available from the same sources as the "manual," listed above.

#### Classes for Food Operators

The New York City Nutrition Committee sponsored a series of nutrition classes this past season for food operators. Five series of three meetings each were attended by independent and chain restaurant and industrial plant operators, school-lunch operators, and hospital dietitians.

Detailed outlines for the three meetings were prepared. The first two meetings consisted of demonstrations of correct preparation of raw and cooked vegetables together with a discussion of the nutritional aspects of each point made. Recipes for raw relishes, salads, vegetable entrees, and other meatless or meat-saving dishes were distributed and as a part of each demonstration some of the dishes were used in plate combinations. The third meeting was devoted to a menu-planning discussion. The streamlined menu and the opportunity for cooperation in promoting the national nutrition program through making properly prepared foods available were stressed throughout the discussion.

#### Meetings With Delegates from United Nations Conference on Food and Agriculture

To afford members of the Interdepartmental Coordinating Committee of the Nutrition and Food Conservation Branch, and others interested, an opportunity to hear about the nutrition problems of other countries, a series of 6 meetings were held in Washington immediately after the United Nations Conference on Food and Agriculture closed in Hot Springs. Delegates from England, Mexico, Egypt, Belgium, China, and South India gave brief summaries of the food problems of their countries and the methods that are being used to meet them.

#### New Materials (Samples Enclosed)

WHAT IS A GOOD BREAKFAST—A pamphlet reprinted from an article in February 1943 issue of "What's New In Home Economics," through the courtesy of the Cereal Institute, Inc. It gives the comments of nutrition authorities on breakfast, and a summary of a survey made on the breakfast-eating habits of students. Additional single copies may be obtained free from the Cereal Institute, Inc., 135 South LaSalle Street, Chicago, Ill.

HELP WITH HOME CANNING ARITHMETIC—This press release gives a table of the number of jars of canned food to expect from fruits or vegetables as they are bought or picked for both bushel and pound amounts. Single copies may be obtained free from the Regional Food Distribution office.

HOME DEHYDRATION WITH A GAS OVEN—A booklet describing home dehydration in a gas oven. One of its many usable features is a table listing the fruits and vegetables that may be most satisfactorily dried, with specific instructions for their dehydration. This method is particularly adaptable for drying foods in small quantities. It was prepared by the Public Service Company of Northern Illinois.

Copies may be obtained from the printers, Poole Bros., Inc., 85 West Harrison Street, Chicago, Ill. Price: Single copies and numbers up to 50, 15 cents per copy; 50 or more copies, 10 cents per copy; 2,000 copies or more, write to printer for details.

HOW CAN WE USE FOOD WISELY UNDER RATIONING?—A discussion guide that can be used by teachers, speakers, and other leaders. Some factual information on food and rationing is given in the first part of the leaflet, this is followed by questions that can be used in discussions and a short bibliography of nutrition materials and motion pictures. A limited number of free copies of this pamphlet may be obtained from the Division of Public Inquiries, Office of War Information, Washington, D. C.

New Materials (Samples not Enclosed)

"AMERICA AND YOU"—A booklet published by the South Carolina State Health Department. It presents many phases of nutrition, in primary grade school style, with short sentences, using familiar words. Its attractive illustrations add interest and value to the text. Copies may be obtained by writing to the State Board of Health, Columbia, S. C. Price: Single copies 15 cents or \$13.00 per hundred copies.

"WARTIME NUTRITION"—16 millimeter, 10 minute sound moving picture prepared by the Office of War Information in cooperation with the Nutrition and Food Conservation Branch. This picture gives an overall story of wartime nutrition and may be useful in the nutrition education program. The OWI has made 1 print available for each FDA regional office. To obtain a copy of the print, write to the Regional FDA office.

"YOU CAN TOO"—16 millimeter, 30 minute sound moving picture prepared by Ball Brothers Company. It shows the canning of tomatoes, peaches, and lima beans in the home, and points out mistakes commonly made and remedies for these mistakes. This picture is designed primarily for the homemaker who is canning for the first time. Prints may be obtained on loan by writing to Ball Brothers Company, Muncie, Ind.

Sincerely yours,



M. L. Wilson,  
Chief, Nutrition and Food  
Conservation Branch.



W. H. Sebrell,  
Associate Chief, Nutrition and Food  
Conservation Branch.

Enclosures.

UNITED STATES DEPARTMENT OF AGRICULTURE  
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